



Concussion Codes of Conduct

Concussion Code of Conducts are established for the following participants in Lakehead District School Board sponsored interschool sports:

- coaches and team trainers;
- students; and
- parents of students under 18 years of age .

Every school year, Lakehead District School Board must receive confirmation from each participant that the relevant Concussion Code of Conduct was reviewed prior to participation in Lakehead District School Board sponsored interschool sports.

Concussion Code of Conduct

➤ for Interschool Sports (Coach/Team Trainer)

This Concussion Code of Conduct is for coaches/team trainers who are participating in Lakehead District School Board sponsored interschool sports. This document is used in the establishment of the Concussion Code of Conduct that meets the requirements of PPM 158: School Board Policies on Concussion, and in receiving confirmation of review of an approved Concussion Awareness Resource.

As a coach/team trainer at [School] for the [20xx-20xx] school year, I am committed to:

Maintaining a Safe Learning Environment

- I will review and adhere to the Lakehead District School Board's safety standards for physical activity and concussion protocol, as they apply to my sport prior to taking on the responsibility as coach/team trainer.
- I will check the facilities and equipment take necessary precautions and bring potential hazards to the attention of the students.
- I will provide and maintain a safe learning environment for my students and uphold a culture of safety-mindedness.
- I will inform students and their parent/guardian (for students under the age of 18) about the risks of a concussion or other potential injuries associated with the sport and ways to minimize those risks.

Fair Play and Respect for All

- I will demonstrate a commitment to fair play and will respect my students, opponents, officials and spectators.
- I will not pressure a student to participate in practices or games/competitions if they are injured.

Teaching/Learning the Rules of a Physical Activity

(including the strict enforcement of consequences for prohibited play that is considered high-risk for causing concussions)

- I will teach students the rules of the sport and will provide instructions about prohibited play.
- I will strictly enforce, during practice and competition, the consequences for prohibited play.
- I will accept and respect the decisions of officials and the consequences for any prohibited play.

Implementing the Skills and Strategies of an Activity in a Proper Progression

- I will instruct students in training and practices using the proper progression of skills and strategies of the sport.
- I will encourage students to ask questions and seek clarity regarding skills and strategies they of which they are unsure.

Providing Opportunities to Discuss Potential Issues Related to Concussions

- I will provide opportunities by creating an environment for student discussions/conversations related to suspected and diagnosed concussions, including signs and symptoms, questions, and safety concerns, throughout the day, including before and after practice and competition.

Concussion Recognition and Reporting

- I have read and am familiar with an approved Concussion Awareness Resource identified by the Lakehead District School Board [coach/trainer to enter resource link: _____].
- I will emphasize the seriousness of a concussion to my students along with outlining the signs and symptoms of a concussion.
- I will provide instruction to students about the importance of removing themselves from the sport and reporting to a coach/team trainer or caring adult if they have signs or symptoms of a concussion.
- I will provide instruction to students about the importance of informing the coach/caring adult when they suspect a teammate may have a concussion.
- I will immediately remove from play, for assessment, any student who receives a jarring/significant impact to the head, face, neck, or elsewhere on the body and adhere to the Lakehead District School Board's concussion protocol prior to allowing return to physical activity.

Acknowledging the Importance of Communication

(between the student, parent, school staff, and any sport organization with which the student has registered)

- I will support and adhere to a process for communication to take place between myself and the student, parent/guardian, and relevant school staff.
- I will promote the importance of communication about a suspected or diagnosed concussion between the student, parent/guardian, and all sport organizations with which the student has registered.

Supporting the Implementation of a Return to School Plan for Students with a Concussion

Diagnosis

- I will support the implementation of the Return to School Plan for students with a diagnosed concussion.

Prioritizing a Student's Return to Learning as Part of the Return to School Plan

- I understand the need to prioritize a student's return to learning as part of the Return to School Plan.
- I will follow the Return to School Plan and make sure a student diagnosed with a concussion does not return to training, practice, or competition until permitted to do so in accordance with the Return to School Plan.

I [Print Name] have read and understand all [# pages] pages of this code of conduct.

Date

Signature

Concussion Code of Conduct

➤ for Interschool Sports (Students)

This is a Concussion Code of Conduct for students who are participating in Lakehead District School Board sponsored interschool sports. This document is used in the establishment of the Concussion Code of Conduct that meets the requirements of PPM 158: School Board Policies on Concussion, and in receiving confirmation of review of an approved Concussion Awareness Resource.

As a student at [School] for the [20xx-20xx] school year, I am committed to:

Maintaining a Safe Learning Environment

- I will bring any potential issues related to the safety of equipment and facilities to the attention of the coach.
- I will wear the protective equipment for my sport and wear it properly.

Fair Play and Respect for All

- I will show respect for my teammates, opponents, officials, spectators, and practice fair play.
- I will not pressure injured teammates to participate in practices or games/competitions.

Teaching/Learning the Rules of a Physical Activity

(including the strict enforcement of consequences for prohibited play that is considered high-risk for causing concussions)

- I will learn and follow the rules of the sport and follow the coach's instructions prohibiting behaviours that are considered high-risk for causing concussions.
- I will respect and accept that the coach will strictly enforce, during practice and competition, the consequences for dangerous behaviour.
- I will respect and accept the decisions of the officials and the consequences for any behaviours that are considered high-risk for causing concussion.

Implementing the Skills and Strategies of an Activity in a Proper Progression

- I will follow my coach's instructions about the proper progression of skills and strategies of the sport.
- I will ask questions and seek clarity for any skills and strategies of which I am unsure.

Providing Opportunities to Discuss Potential Issues Related to Concussions

- I will talk to my coach or caring adult if I have questions or issues about a suspected or diagnosed concussion or about my safety in general.

Concussion Recognition and Reporting

- I have read and am familiar with an approved Concussion Awareness Resources provided by my coach [student to enter link to awareness resources _____].
- I will remove myself immediately from any sport and will tell the coach or caring adult if I think I might have a concussion.
- I will tell the coach or caring adult immediately when I think a teammate might have a concussion.
- I understand that if I receive a jarring impact to the head, face, neck, or elsewhere on my body that is observed by or reported to the coach, that I will be removed immediately from the sport, and:
 - I am aware that when I have signs or symptoms I should go to a medical doctor or nurse practitioner to be diagnosis as soon as reasonably possible that day and will report the results to appropriate school staff; and
 - I am aware that not all signs and symptoms emerge immediately and there are times when signs and symptoms emerge hours or days after the incident and I must stop physical activities and be monitored for the next 24 hours.
- If no signs or symptoms appear after 24 hours, I will inform the appropriate school staff and I can then be allowed to participate.
- If signs or symptoms begin, I will be assessed by a medical doctor or nurse practitioner as soon as reasonably possible that day and will report the results to appropriate school staff.

Acknowledging the Importance of Communication

(between the student, parent, school staff, and any sport organization with which the student has registered)

- I will communicate with my coaches, parent/guardian, and school staff and any sport organization with which I am registered about a suspected or diagnosed concussion or general safety issues.

Supporting the Implementation of a Return to School Plan for Students with a Concussion

Diagnosis

- I understand that I will have to follow the Return to School Plan if diagnosed with a concussion.
- I understand I will not be able to return to full participation, including practice or competition until permitted to do so in accordance with the Lakehead District School Board's Return to School Plan.
- I understand that I will need a Medical Clearance as required by the Return to School Plan, prior to returning to full participation in "non-contact sports" or returning to a practice that includes full contact in "contact sports".

Prioritizing a Student's Return to Learning as Part of the Return to School Plan

- I will follow the recovery stages and learning strategies proposed by the collaborative team for my Return to School Plan.

I [Print Name] have read and understand all [# pages] pages of this code of conduct.

Date

Signature

Concussion Code of Conduct

➤ for Interschool Sports (Parent/Guardian)

This is a Concussion Code of Conduct for parents/guardians of students under 18 years of age who are participating in Lakehead District School Board sponsored interschool sports. This document is used in the establishment of the Concussion Code of Conduct that meets the requirements of PPM 158: School Board Policies on Concussion, and in receiving confirmation of review of an approved Concussion Awareness Resource.

As a parent/guardian of [Student Name] at [School] for the [20xx-20xx] school year, I am committed to:

Maintaining a Safe Learning Environment

- I will encourage my child to bring potential issues related to the safety of equipment and the facilities to the attention of the coach.
- I will ensure the protective equipment that we provide is properly fitted as per the manufacturer's guidelines, in good working order, and suitable for personal use.

Fair Play and Respect for All

- I will follow the Lakehead District School Board's fair play policy and will support it by demonstrating respect for all students, coaches, officials, and spectators.
- I will encourage my child to demonstrate respect for teammates, opponents, officials, and spectators and to follow the rules of the sport and practice fair play.
- I will not pressure my child to participate in practices or games/competitions if they are injured.

Teaching/Learning the Rules of a Physical Activity

(including the strict enforcement of consequences for prohibited play that is considered high-risk for causing concussions)

- I will encourage my child to learn and follow the rules of the sport and follow the coach's instructions about prohibited play.
- I will support the coach's enforcement of consequences during practices and competition regarding prohibited play.
- I will respect the decisions of officials and the consequences for my child for any prohibited play.

Implementing the Skills and Strategies of an Activity in a Proper Progression

- I will encourage my child to follow their coach's instructions about the proper progression of skills and strategies of the sport.
- I will encourage my child to ask questions and seek clarity regarding skills and strategies they of which they are unsure.

Providing Opportunities to Discuss Potential Issues Related to Concussions

- I will encourage my child to participate in discussions/conversations related to concussions, including signs and symptoms, with the coach or caring adult.
- I will encourage my child to talk to their coach/caring adult if they have any concerns about a suspected or diagnosed concussion or about their safety in general.

Concussion Recognition and Reporting

- I have read and am familiar with an approved Concussion Awareness Resource identified by the Lakehead District School Board [parent/guardian to fill in link to awareness resource _____].
- I understand that if my child receives a jarring impact to the head, face, neck, or elsewhere on the body that is observed by or reported to the coach my child will be removed immediately from the sport, and:
 - I am aware that if my child has signs or symptoms of a suspected concussion, they should be taken to a medical doctor or nurse practitioner for a diagnosis as soon as reasonably possible that day and I will report any results to appropriate school staff; and
 - I am aware that not all signs and symptoms emerge immediately and there are times when signs and symptoms emerge hours or days after the incident and in these cases my child must stop all physical activities and be monitored at home and at school for the next 24 hours.
- If no signs or symptoms emerge after 24 hours, I will inform the appropriate school staff and I understand my child will be permitted to resume participation.
- If signs or symptoms emerge, I will have my child assessed by a medical doctor or nurse practitioner as soon as reasonably appropriate that day and will report the results to appropriate school staff.
- I will inform the school principal, coach and/or other relevant school staff when my child experiences signs or symptoms of a concussion, including when the suspected concussion occurs during participation in a sport outside of the school setting.
- I will inform the school principal, coach and/or other relevant school staff any time my child is diagnosed with a concussion by a medical doctor or nurse practitioner.
- I will encourage my child to remove themselves from the sport and report to a coach or caring adult if they have signs or symptoms of a suspected concussion.
- I will encourage my child to inform the coach or caring adult when they suspect a teammate may have sustained a concussion.

Acknowledging the Importance of Communication

(between the student, parent, school staff, and any sport organization with which the student has registered)

- I will share with the coach, school staff, and/or staff supervisor of all sport organizations with which my child has registered if/when my child has experienced a suspected or diagnosed concussion or general safety issues.

Supporting the Implementation of a Return to School Plan for Students with a Concussion

Diagnosis

- I understand that if my child has a suspected or diagnosed concussion, they will not return to full participation, including practice or competition, until permitted to do so in accordance with the Lakehead District School Board's Return to School Plan.
- I will ensure my child receives a Medical Clearance as required by the Return to School Plan, prior to returning to full participation in "non-contact sports" or returning to a practice that includes full contact in "contact sports".

Prioritizing a Student's Return to Learning as Part of the Return to School Plan

- I will follow the recovery stages and learning strategies proposed by the collaborative team for my child as part of the Return to School Plan.

I [Print Name] have read and understand all [# pages] pages of this code of conduct.

Date

Signature